

newyorkedge



GIRLS L.E.A.D

**LEARNING EMPOWERMENT THROUGH
ATHLETIC DEVELOPMENT**

Winter Curriculum 2023

January - March

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GIRLS L.E.A.D

WINTER 2023

OVERVIEW

January

Educational Topic:

- National Women's Empowerment Month

Physical Activities:

- Basketball
- Karate
- Floor Hockey
- Volleyball

February

Educational Topics:

- Black History Month
- National Heart Month

Physical Activities:

- Running
- Jump Rope
 - Introduction Into Double-Dutch
 - Jump Rope Ladder
 - Overall Jump Rope Progression
- Tag
- Dance

March

Educational Topic:

- Women's National History Month

Physical Activities:

- Newcomb Ball
- Netball
- Stoolball

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GIRLS L.E.A.D

WINTER 2023

COACHES MATERIAL

January

The Game Plan

Empowering Girls and Young Women through Athletic Development

Changing the Game for Girls: Coaches Teaching Guide

February

African American History and Culture

How to Celebrate Black History Month in Health and Physical Education

March

Keeping Girls in the Game and its Importance

Actively Keeping Girls Engaged in Sports



GIRLS L.E.A.D SPECIALIST CHECK LIST

PRE - ACTIVITY CHECK LIST:

- ☐ **Space/Area** is checked for its safety
.....
- ☐ **Lesson Plan** is printed prior to the lesson start time
.....
- ☐ Needed Lesson **Materials** are cleaned and prepared
.....

DURING ACTIVITY CHECK LIST:

- ☐ **Sanitation** of hands/materials
.....
- ☐ **Recap** of past lesson
.....
- ☐ Uses **gender neutral** language when speaking to participants
.....
- ☐ **Encourages participants through positivity**
.....
- ☐ Creates an **inclusive environment** for **all participants** through
their words and actions
.....
- ☐ Encourage positive thinking and working together
.....
- ☐ **Recap** what was taught at the conclusion of the lesson
.....
- ☐ Opportunities for **critical thinking**
.....
- ☐ Talk about the plans for the next lesson
.....

GIRLS L.E.A.D

WINTER 2023

EQUIPMENT LIST

<input type="checkbox"/>	<u>Basketball</u>
<input type="checkbox"/>	<u>Volleyball</u>
<input type="checkbox"/>	<u>Volleyball Net</u>
<input type="checkbox"/>	<u>Cones Super Set</u>
<input type="checkbox"/>	<u>Golf Club, Ball and Target Set</u>
<input type="checkbox"/>	<u>Adjustable Length Jump Rope Set</u>
<input type="checkbox"/>	<u>Agility Ladder</u>
<input type="checkbox"/>	<u>Spectrum Jr. Paddles</u>
<input type="checkbox"/>	<u>Foam Ball</u>
<input type="checkbox"/>	<u>Racquets</u>
<input type="checkbox"/>	<u>Pickle-Ball Net</u>
<input type="checkbox"/>	<u>Soccer Ball</u>
<input type="checkbox"/>	<u>Floor Hockey Set</u>
<input type="checkbox"/>	<u>Floor Hockey Sticks</u>
<input type="checkbox"/>	<u>Soft Floor Hockey Puck (Set of 12)</u>
<input type="checkbox"/>	<u>Indoor Hockey Goal</u>

JANUARY

EDUCATIONAL TOPICS

- National Women's Empowerment Month

PHYSICAL ACTIVITIES

- Basketball
- Karate
- Floor Hockey
- Volleyball

LESSON ACTIVITIES

- Empowering Group Activities
 - 30 minutes - 1 hour per group activity
 - page 9 - page 18
- Young Women's Leadership
 - Leading group discussions and activities
 - page 19 - page 23
- Real as Me

FEBRUARY

EDUCATIONAL TOPICS

- Black History Month
- National Heart Month

PHYSICAL ACTIVITIES

- Running
- Jump Rope
 - Introduction Into Double Dutch
 - Jump Rope Ladder
 - Jump Rope Progression
- Tag
- Dance

LESSON ACTIVITIES

- **Black History Month**
 - Guided Work-Sheets and Leaded Discussion Activities
 - Hidden Figures Movie and Leading Discussion Questions
 - *The movie Hidden Figures covers the work of NASA in the 1960's as we first began to explore space, and highlights the role key African American women made in our first journey into space.*
 - Black History Month- Female Athletes Educational and Workout Video
 - *12 minutes long*
 - *Includes workout activities and information on important female athlete*
- **National Heart Month**
 - Cardiovascular Health Quiz
 - *25 multiple choice questions*
 - 'Promise Your Heart Writing Activity'

MARCH

EDUCATIONAL TOPICS

- Women's National History Month

PHYSICAL ACTIVITIES

- All sports offered in March were created by women.
 - Newcomb Ball
 - Founded in Austria
 - Netball
 - Founded in Austria
 - Stoolball
 - Founded in England

LESSON ACTIVITIES

- **Women's National History Month**
 - Inspiring Girls in Sports Guided Lesson Plan and Worksheet
 - *Girls need role models if they are going to be inspired to participate in sports. They also need to counter stereotypes about girls and women in sports. This lesson introduces students to the subject of sports.*
 - *Learning Objective*
 - *Students will be able to better understand how our ideas about "girls and "boys" influence our perceptions about sports.*

TRIP INFORMATION

Winter 2023

JANUARY

- Virtual Interactive Girls L.E.A.D Event(s)
 - *National Women Empowerment Month*

FEBRUARY

- Black Future Festival at Brooklyn Children's Museum
 - *Join BCM for a week of reflection and future-forward fun inspired by the national celebration of peoples of the African Diaspora and Black History Month. With the help of a curator from Àşę Dance Theater Collective, the museum will present interactive dance performances and a Genea-Djali workshop, plus storytelling inspired by Crown Heights, quilting and genealogy workshops, local eats and much more. Tickets must be reserved in advance.*
 - *Sat., Feb. 19-Sun., Feb. 27*
 - *Tickets: \$13/adults & kids; \$12/grandparents*
 - *Brooklyn Children's Museum*
 - *145 Brooklyn Ave.Crown Heights*
- Black History Month at the New York Botanical Garden
 - *All month long NYBG is hosting events in-person and online for kids and adults. Children's programming includes storytelling at the Everett Children's Adventure Garden and activity time to discover the cultural influences of the African Diaspora and reinforce the importance of green space and caring for the natural world.*

MARCH

- Field Trip to the Center for Women's History
 - *Admission:*
 - *Adults \$22*
 - *Students \$13*
 - *Kids \$6*
 - *The New-York Historical Society*
 - *170 Central Park West at Richard Gilder Way (77th Street)*

CULMINATING PROJECT

Months of Movement!

January - March 2023

Project Overview:

Each Girls L.E.A.D site will be provided with a three month (January - March) workout plan that both participants and staff are strongly encouraged to complete in light of the *Months of Movement Culminating Project!*

Along side this plan there will be an activity log that will also be expected for students and participating staff members to complete each day. The question prompt is to be started before the 10-15 minute workout scheduled for that day, and then completed after. The daily question prompt can be found within this document.

Additionally, at the end of each month, the Girls L.E.A.D Specialist will review the participants activity logs and decide which individual went above and beyond that month! The Girls L.E.A.D Specialist will be provided a checklist, included within this document to help assist with the judging process. Whichever participant is selected will receive a prize. Once a participant is selected as that months "All-Star", they can not win again.

It is required for sites to continuously (weekly and/or daily) document participating students and staff's three month journey through photos and videos. A photo and videos prompt can also be found within this document. These documents will be used at the end of the project to develop a Month of Movement Journey Video, as well as can be used as a resource to show students and staff who participated how much they have improved from the first month, to the last.

At the end of Months of Movement (March), all students who participated in the project will be expected to complete the Months of Movement Reflection Journal found within this Curriculum.



2023 JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 10 Jumping Jacks 15 Second Plank x2	3 10 Squats 15 Sit Ups x2	4 Play a game with a friend/family member!	5 5 Push-Ups 10 Lunges (5 each leg) x2	6 10 Star Jumps 10 Mountain Climbers x2	7	8
9 10 Squats 15 Sit Ups x2	10 Play a game with a friend/family member!	11 10 Jumping Jacks 15 Second Plank x2	12 10 Star Jumps 10 Mountain Climbers x2	13 5 Push-Ups 10 Lunges (5 each leg) x2	14	15
16 Play a game with a friend/family member!	17 20 Jumping Jacks 20 Second Plank x2	18 20 Squats 20 Sit Ups x2	19 7 Push-Ups 20 Lunges (10 each leg) x2	20 15 Star Jumps 16 Mountain Climbers x2	21	22
23 20 Jumpings Jacks 20 Second Plank x2	24 20 Squats 20 Sit Ups x2	25 Play a game with a friend/family member!	26 7 Push-Ups 20 Lunges (10 each leg) x2	27 15 Star Jumps 16 Mountain Climbers x2	28	29
30	31 Play a game with a friend/family member! END OF MOVEMENT MONTH #1 !					

- The reps for each workout are a **goal number**! Participants and staff are expected to try their best during each exercise, that might mean that they are able to complete more (or less) than the goal number. This number is to then be documented after each workout in order to gage the individuals progress throughout the month.



2023

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10 Squat Jumps 16 Russian Twists x2	2 20 Second Plank 25 Sit-Ups x2	3 20 Second Wall Sit 7 Push-Ups x2	4	5
6 20 Lunges (10 each leg) 20 Jumping Jacks x2	7 Play a game with a friend/family member!	8 20 Second Plank 25 Sit-Ups x2	9 20 Second Wall Sit 7 Push-Ups x2	10 10 Squat Jumps 16 Russian Twists x2	11	12
13 25 Second Wall Sit 8 Push-Ups x2	14 30 Second Plank 25 Sit-Ups x2	15 Play a game with a friend/family member!	16 24 Lunges (12 each leg) 25 Jumping Jacks x2	17 12 Squat Jumps 18 Russian Twists x2	18	19
20 20 High Knees 8 Push-Ups x2	21 12 Squat Jumps 25 Jumping Jacks x2	22 25 Sit-Ups 20 Squats x2	23 Play a game with a friend/family!	24 30 Second Wall Sit 24 Lunges (12 each leg) x2	25	26
27 20 High Knees 9 Push-Ups x2	28 Play a game with a friend/family member! END OF MOVEMENT MONTH #2!					

- The reps for each workout are a **goal number**! Participants and staff are expected to try their best during each exercise, that might mean that they are able to complete more (or less) than the goal number. This number is to then be documented after each workout in order to gage the individuals progress throughout the month.

13



2023 MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10 Walking Lunges (5 each leg) 10 Frog Jumps x2	2 30 Jumping Jacks 5 Push-Ups x2	3 5 Burpees 20 Squats x2	4	5
6 26 High Knees 30 Second Wall Sit x2	7 10 Push-Ups 25 Russian Twists x2	8 5 Burpees 20 Squats x2	9 10 Walking Lunges (5 each leg) 10 Frog Jumps x2	10 Play a game with a friend/family member!	11	12
13 5 Burpees 20 Squats x2	14 28 High Knees 30 Second Wall Sit x2	15 Play a game with a friend/family member!	16 30 Jumping Jacks 5 Push-Ups x2	17 10 Walking Lunges (5 each leg) 10 Frog Jumps x2	18	19
20 Play a game with a friend/family member!	21 10 Push-Ups 25 Russian Twist x2	22 8 Burpees 25 Squats x2	23 30 High Knees 35 Second Wall Sit	24 16 Walking Lunges (8 each leg) 12 Frog Jumps x2	25	26
27 8 Burpees 25 Squats x2	28 30 High Knees 35 Second Wall Sit x2	28 10 Push-Ups 30 Russian Twist x2	30 16 Walking Lunges (8 each leg) 12 Frog Jumps x2	31 Play a game with a friend/family member! END OF MOVEMENT MONTH #3!		

- The reps for each workout are a **goal number**! Participants and staff are expected to try their best during each exercise, that might mean that they are able to complete more (or less) than the goal number. This number is to then be documented after each workout in order to gage the individuals progress throughout the month.



Girls L.E.A.D Specialist Monthly All-Star Checklist

Please complete the following questions for each of your participants. Notice that each question is to be graded by you on a scale of 1-5, 1 being the lowest rating and 5 being the highest. For further clarification, please see the in-text examples under each prompted question.

Student Name: _____
Grade: _____

SPECIALIST QUESTIONS	1-5 SCALE
<p>The participant's responses to their daily prompted questions were clearly answered and thought through.</p> <p><i>(1) The participant's thoughts were not clear and didn't meet question requirements. (2) The participant met question requirements, but did not provide thoughtful responses. (3) The participant met question requirements and thoughtful responses that each consisted of 2-3 sentences each. (4-5) The participant went above and beyond with their response for each prompted question, giving thoughtful and detailed responses complying of 3-4 sentences (4) or 4+ sentences (5).</i></p>	<p>1 2 3 4 5</p>
<p>The participant tried their best throughout each daily workout that was observed during Girls L.E.A.D Programming.</p> <p><i>(1) The participant only completed 1-2 workouts per-work, and gave little effort to workouts that were completed. (2) The participant completed 2-3 workouts per-week and gave minimum effort. (3) The participant completed at least 4 workouts scheduled during the week, and gave above minimum effort. (4) The participant completed all scheduled workouts for the week and completed to the best of their ability. (5) The participant completed all scheduled workouts for the week and completed to each workout to the best of their ability, as well as had a positive attitude towards themselves and those around them.</i></p>	<p>1 2 3 4 5</p>
<p>The participant was encouraging and positive to themselves and those around them throughout each daily workout.</p> <p><i>(1) The participant was extremely negative towards themselves and those around them during the daily workouts. (2) The participant was indifferent during the daily workouts and not engaged with others. (3) The participant was positive most days towards others and themselves. (4) The participant was positive to themselves and those around them before, during, and after the daily workouts. (5) The participant was extremely positive and encouraging towards themselves and all those around them. They had a good mindset throughout all workouts and helped motivate those around them.</i></p>	<p>1 2 3 4 5</p>
<p>GIRLS L.E.A.D SPECIALIST COMMENTS</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>OVERALL TOTAL:</p> <p>_____</p>

Name: _____ Date: _____

MONTHS OF MOVEMENT *Daily* REFLECTION

Today is:

How I feel about today before working out:



What time did you workout today?

How I feel about today before working out:



Who did you workout with?

What was the weather like today?

Something new I learned today:

VIDEO AND PHOTO SUGGESTIONS



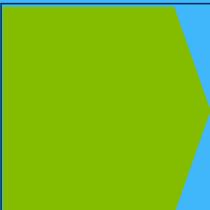
**VIDEOS OF STUDENTS AND STAFF
COMPLETING DAILY WORKOUTS.**



**PHOTOS AND VIDEOS OF STUDENTS
COMPLETING DAILY PROMPTED
QUESTIONS.**



**PHOTOS OF "ALL-STAR" MONTHLY
WINNER(S).**



**VIDEO OF STUDENTS COMPLETING
MONTH OF MOVEMENT REFLECTION
JOURNAL.**



**INDIVIDUAL VIDEOS OF STUDENTS
SPEAKING ABOUT THEIR MONTH OF
MOVEMENT REFLECTION JOURNAL.**



Months of Movement Reflection Journal


Name: _____
Grade: _____

January - March
2023



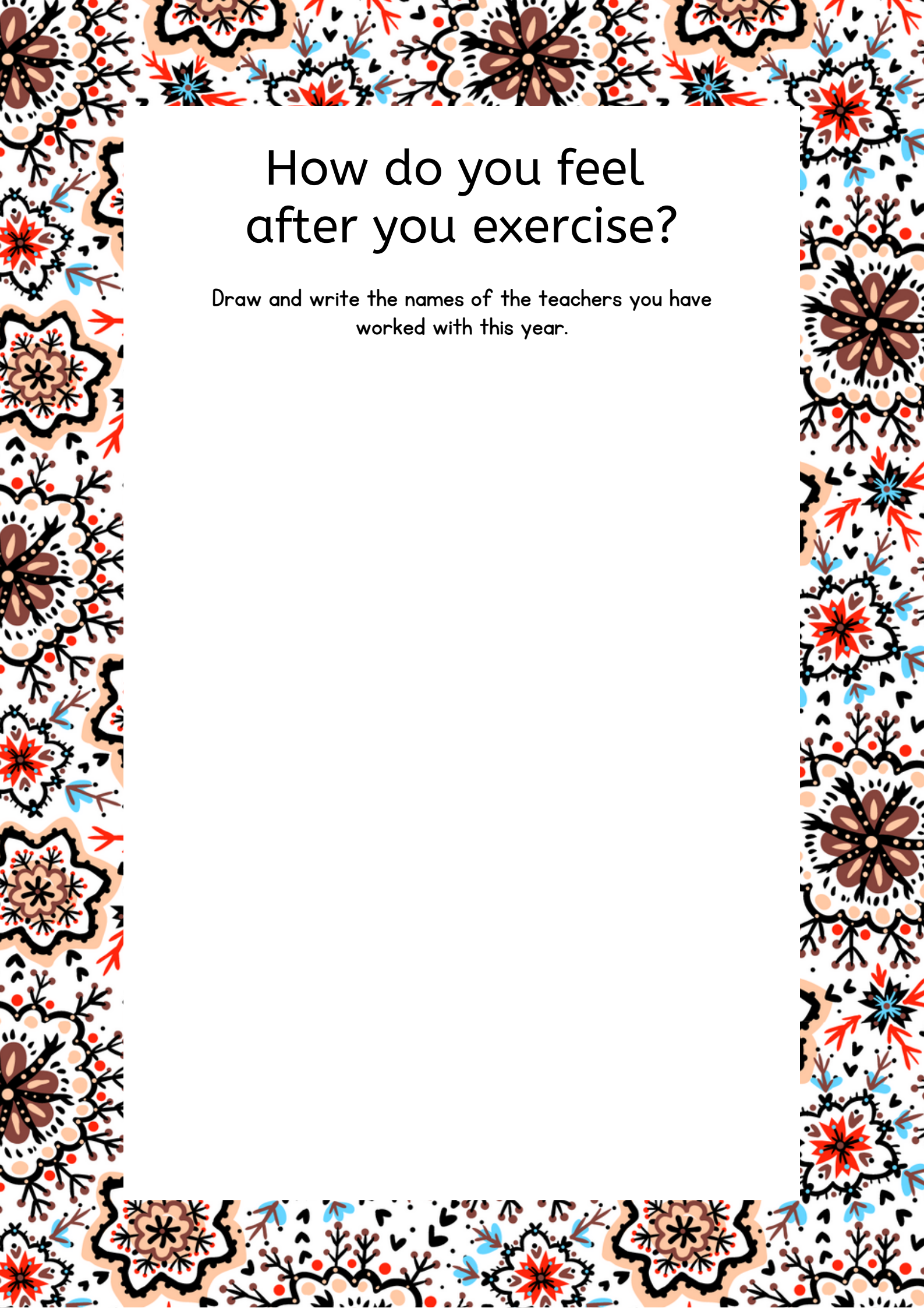
Who worked out with you?

Draw and write the names of your friends and/or family members.



What was your favorite exercise?

Draw a picture of yourself doing your favorite exercise.

A decorative border with a repeating pattern of stylized flowers and leaves in red, blue, and brown on a white background. The pattern is dense and covers the entire page.

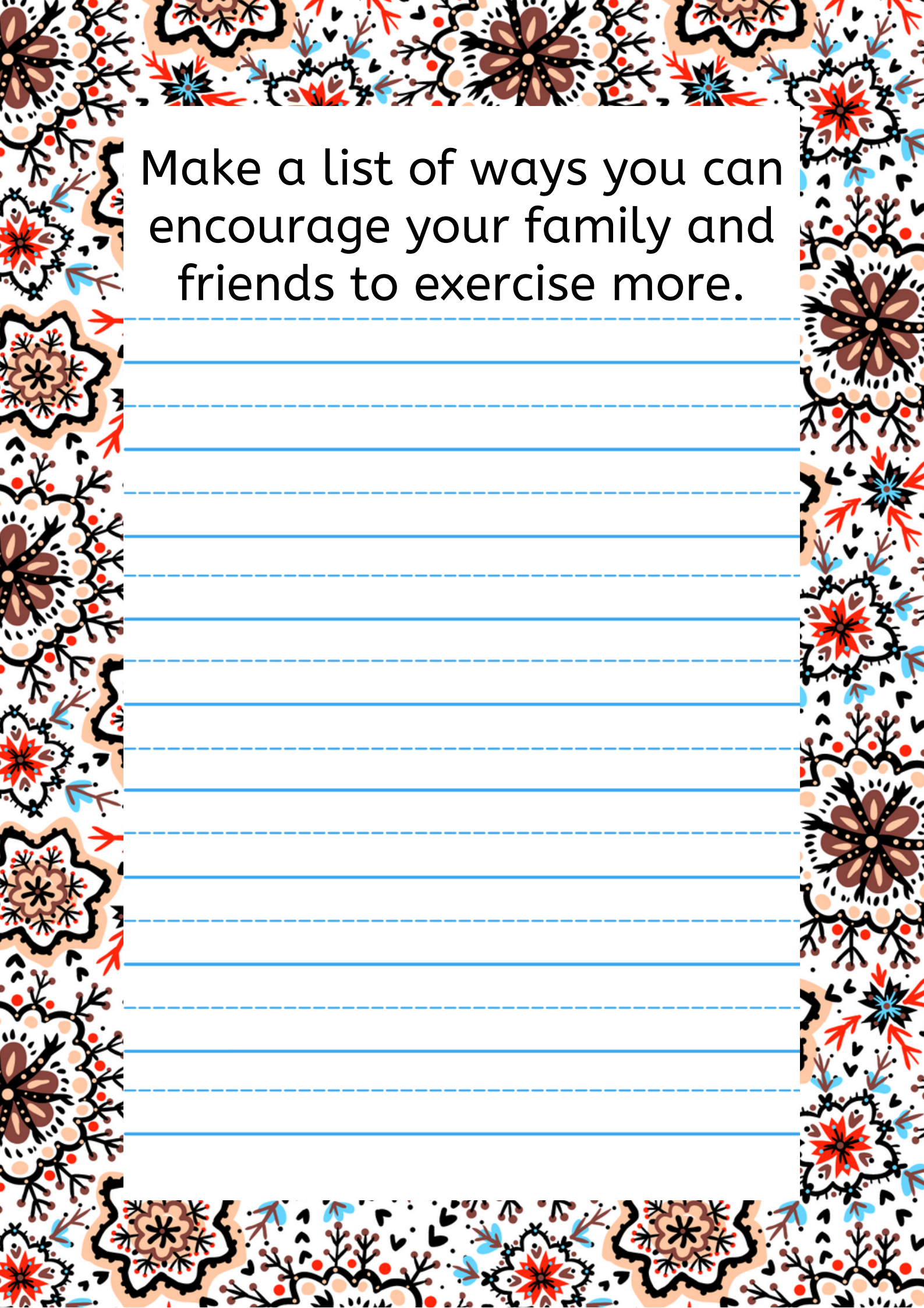
How do you feel after you exercise?

Draw and write the names of the teachers you have
worked with this year.



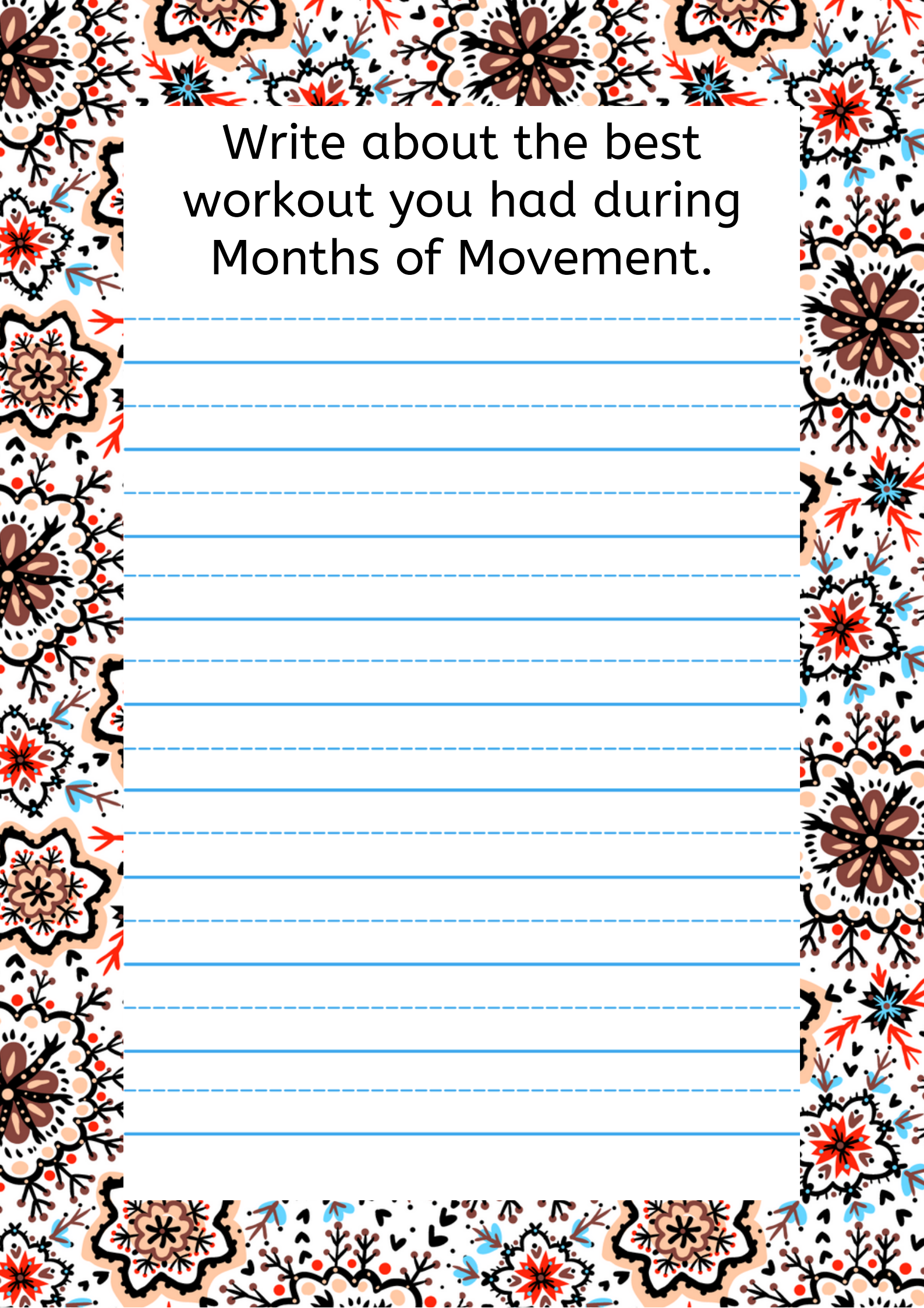
My Proudest Moment

Draw a picture of your proudest moment during
Months of Movement.

A decorative border with a repeating pattern of stylized flowers, leaves, and berries in brown, red, blue, and orange colors, framing the central text area.

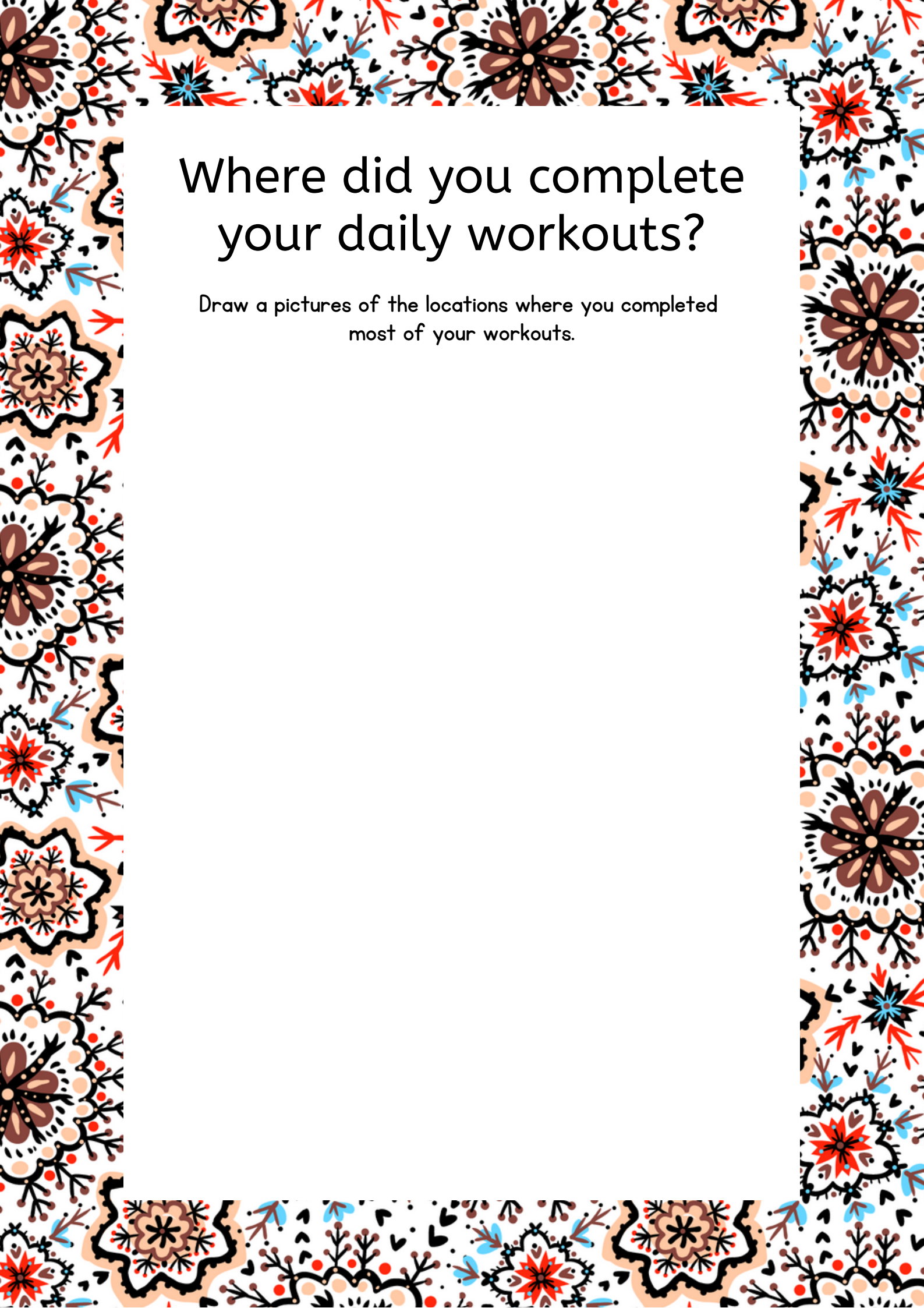
Make a list of ways you can encourage your family and friends to exercise more.

A series of horizontal lines for writing, consisting of solid blue top and bottom lines with a dashed blue middle line, repeated ten times.

A decorative border with a repeating pattern of stylized flowers, leaves, and berries in brown, red, blue, and orange colors, framing the central text area.

Write about the best
workout you had during
Months of Movement.

A series of horizontal lines for writing, consisting of solid blue lines and dashed blue lines, providing a guide for text entry.

A decorative border with a repeating pattern of stylized flowers and leaves in red, blue, and brown on a white background, framing the central text area.

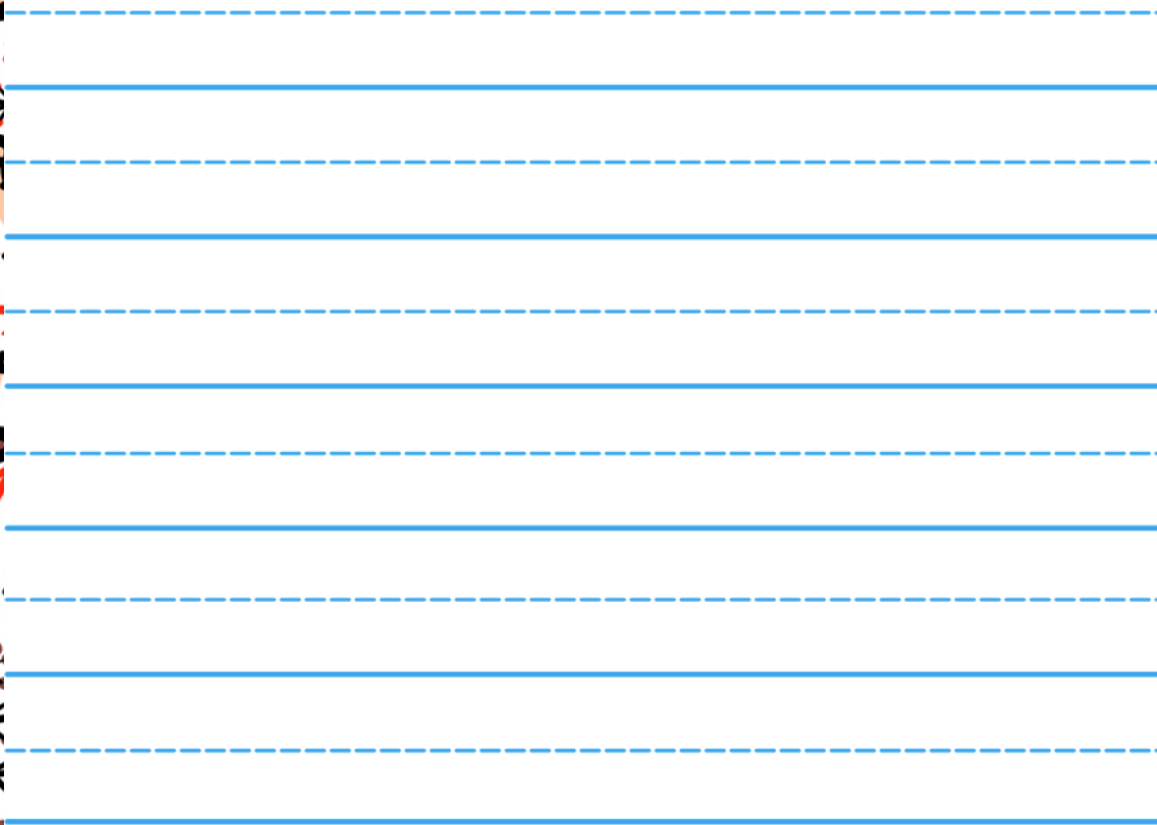
Where did you complete your daily workouts?

Draw a pictures of the locations where you completed
most of your workouts.



To Remember

Draw a picture and write about something you want to always remember about Months of Movement.



Handwriting practice lines for writing a response.



Autographs

Collect some autographs from your friends, school staff, and family members who completed Months of Movement with you!